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Who's watching the counters?

Photographer snaps pic of what appear to be unattended ballot boxes sitting outside a polling station in Wakefield, Que. PAGE 6

Birdy learns to fly (up the charts)

Use Metro AR to see this British songbird do what songbirds do best PAGE 15

CANADA'S MOST ELIGIBLE?

DAY 2 OF METRO'S LOOK AT IMMIGRATION: EDUCATED NEWCOMERS HOPE TO LAND ON 'ELIGIBLE OCCUPATIONS' LIST BUT OFTEN SETTLE FOR 'SURVIVAL JOBS' TO STAY AFLOAT PAGE 12

A PQ supporter listens to election results at the party election headquarters Monday in Montreal. The Quebec Liberals surged to an early lead in the polls as votes began to be counted, with CTV declaring a Liberal win less than half an hour after polls closed.

PAUL CHIASSON/THE CANADIAN PRESS

Separatists dealt a blow

Quebec election. Early polls and Marois wrong in predictions

Pauline Marois's Parti Québécois has been knocked out of office just 18 months after coming to power.

The loss to the Quebec Liberals will force the pro-independence party to do some soul searching as it faces the grim reality that its dream of a sovereign Quebec is now politically toxic.

The defeat also means the PQ has headed a Quebec government for only about a year and a half out of the last decade.

Entering the campaign, opinion polls had suggested the minority PQ government was within striking distance of securing a majority mandate.

But that support began to slide after Marois's superstar candidate Pierre Karl Peladeau raised his fist in the air and vowed to make Quebec a country — an idea most Quebecers oppose.

Unity crisis averted, for now

With the PQ out, Stephen Harper won't have to worry about a national unity crisis as he heads toward the 2015 election.

- Marois was hoping to win a majority of the province's 125 ridings — a scenario that eventually could have led to another referendum.
- "I am very serene at this moment," she said. "I trust Quebecers will choose a good government."
- Hours later, she would find out the choice wasn't her.

Marois followed up the Quebecor majority owner's proclamation by musing for days about how a sovereign Quebec would operate.

For the rest of the campaign, the PQ struggled to gain traction with its controversial-yet-popular secularism charter.

THE CANADIAN PRESS

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West Quebec

Suspect in copper-wire theft arrested

Police in West Quebec arrested a Gatineau man for stealing more than 200 metres of copper wire owned by Bell in Chelsea.

MRC des Collines de l'Outaouais police say they arrested the 30-year-old man on March 29. They say they spotted the suspect fleeing the scene near the Larrimac Golf Club on Highway 105 at around 1:40 a.m.

Police seized and searched his vehicle upon arrest. They say the stolen copper wire amounts to a $8,000 loss for Bell. More than 400 people were without phone service for 24 hours.

It was the second such theft in the area during that time. Police say "one or more suspects" stole more than 100 metres of electric copper wire used to light the soccer field at the Meredith Centre on Cecil Road. There was some evidence on the scene, which is under investigation.

Police believe a second suspect may have been involved in the Larrimac copper theft.

Anyone with information on the copper wire thieves can contact Det.-Sgt. Stéphane Roy at 819-459-2422 ext. 3248.

LUCY SCHOLEY/METRO

Police released this image of a suspect sought in a copper wire theft. Another suspect has been arrested. POLICE HANDOUT

Aaron Stevenson is seen in this school photo posted to his Facebook page. Stevenson, 16, was run over last year and his body dumped in a skate park.
COURTESY FACEBOOK

Sentence 'slap on the wrist': Victim's dad

Hit-and-run case.
Heartbroken father says sentence gives drivers incentive to flee the scene and avoid DUI conviction

Willy Stevenson was hoping for a day of relief Monday when the two men charged in his son's death were sentenced to jail.

But relief was the last thing on the Brockville dad's mind as Justice Kevin Phillips handed down 18 months and two years less a day respectively for Joseph Greer and Rusty Pearce. Pearce ran down 16-year-old Aaron Stevenson on Sept. 1 last year. Greer was his passenger. The pair later dumped the teen's body in a nearby skate park.

The sentence is a "slap on the wrist," said Willy Stevenson.

"So, when you get a slap on the wrist for it, it tells the rest of Canada, 'Look, if you are drinking and you hit someone, run,'" he said. "Because if you stay, you are going to get 10 years. But if you run, you get off, because they can't prove you were drinking.'"

Pearce, 22, admitted to having two beers and snorting a line of cocaine before the crash, but has maintained he was not impaired.

Both men pleaded guilty to interfering with human remains, and obstructing justice. Greer was also charged with impaired driving.

Meanwhile the Stevensons have had to painfully watch the time pass on what should have been an exciting time in their young son's life.

Aaron Stevenson was an avid drummer who would spend his Saturday nights jamming with his dad and friends in the basement of their Brockville home.

He had just bought his first car — a white Chevy Cavalier with an "immense sound system" — and he would have got his licence this week. He would have turned 17 this August.

It's an "ongoing nightmare" for Stevenson, his wife, Kelly, and their son, Austin, 21, when they think about that fateful night and what could have been.

"Was he alive in the back of that truck? Was he rolling around? Was he calling for us?" asked Willy Stevenson, fighting back tears. "That was hell."

But perhaps even more heartbreaking is the fact that Willy Stevenson, who has played live music for the past 45 years, hasn't picked up his guitar since his son died.

"It's just hard not to cry. I can't get through a song without crying," he said.

TREVOR GREENWAY/METRO

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Report. Hacking in 2013 hit 'phenomenal' high

Cybercrime and hacking attacks hit an all-time high in 2013, making it the "year of the mega breach," according to the latest report by Symantec.

There was a 91 per cent increase in attempted "targeted attacks" worldwide, with a 62 per cent increase in successful cybersecurity breaches, reads the anti-virus software company's annual Internet Security Threat Report.

Symantec's director of security response, Kevin Haley said 2013 was a "phenomenal" year for hacking. Cyberattacks are increasing every year and he said organized crime is partly to blame.

"They can find cookbooks on the Internet that step them through how to do all this stuff," he said. "So we're seeing a professionalization and it appears to have really hit a peak this year."

There were more than 552 million identity breaches in 2013 according to Symantec — a huge jump from 93 million the previous year. Real names topped the list of stolen identity information, with birth dates and government ID ranking second and third, respectively.

Kevin Haley is behind a report that says 2013 was "the year of the mega breach." CONTRIBUTED

"Ransomware" is a more popular hacking technique that exploded by 600 per cent in 2013, according to the report. Attackers use the method to bust into somebody's computer, freeze it and threaten the user to pay up or else.

While the report's findings sound alarming, Haley said there are preventative measures computer and mobile users can take to protect themselves like choosing strong passwords, downloading anti-virus software and thinking twice before clicking on links in emails. LUCY SCHOLEY/METRO

At a glance

Highlights from the 2013 Internet Security Threat Report.

- The email spam rate has decreased – from 69% to 66% – which could mean that people are wising up to phishing scams. Or it could mean that hackers are seeking out more sophisticated hacking tools.
- Mobile cybercrime is more common: 38% of users have experienced some sort of attack in 2013. Hackers can also implant malware in some apps, which people may download without thinking twice. Then the hacker can read or even send text messages.
- Most targeted attacks were aimed at government departments (16%).
- The mining industry was the most vulnerable to attacks — one in 2.7 at risk.

Kenneth Chow, a mechanical engineering student at Carleton University, sits in the newest race car that he and his team built. TREVOR GREENWAY/METRO

Carleton team unveils new Formula car

Transferable speeds. Higher learning shifts into higher gear

TREVOR GREENWAY
trevor.greenway@metronews.ca

The only thing Kenneth Chow wants to do when he graduates is to land a job on a Formula race team somewhere in the world.

The fourth-year mechanical engineering student at Carleton University is well on his way. He has already built three Formula race cars and just finished his fourth, where he was the project leader.

But if he doesn't land a gig with a NASCAR or Formula 1 team when he's finished, he's confident the skills he gained as an engineer for the school's Ravens Racing team will land him a job somewhere.

"Yes we do design a race car, but all your skills are transferable around different aspects of a job," said Chow, showing off the team's newest car, the RR14.

"From what you design and all the math that you do and all your components, that not only goes into building a component, but it will lead into doing everything you do for a job, no matter if it's designing computer systems, electrical, HVAC."

The project involved 25 fourth-year students with another 45 volunteer students chipping in with design ideas. The result is a fast and furious little racer, loaded with advanced design features including steel torsion springs to control suspension rate and a carbon-fiber nose cone that acts as an impact attenuator, absorbing most of the impact in a crash.

Fellow fourth-year student Martin Coursol is happy about the added safety features. He's put in a pitch to drive the car at the Formula SAE Collegiate Design competition in Michigan this spring. He's driven the past three cars and hopes to drive the latest racer.

"It's a lot of fun," he said. "It feels a lot faster than you actually go, because you are so low to the ground."

Carleton Ravens Racing takes on more than 120 other schools at the Michigan competition May 14-17 where they hope to finish in the top 15 in marketing, design and cost.

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Former hockey coach pleads guilty to abusing minors

An Ottawa man pleaded guilty Monday to sexually abusing nine boys in the 1980s and 1990s during his tenure as a minor hockey coach and scouts leader.

Ottawa police arrested Kelly Jones, 58, last October after a male complainant came forward with allegations of historical sexual abuse. The boy was 11 at the time of the offences, police said.

Police issued a media release shortly after his arrest, which prompted several other victims to come forward after seeing the allegations reported in the press.

According to court documents, Jones would often invite his minor league hockey players to his home, his car, or on camping trips to spend time with them alone. The abuse occurred between 1987 to 1997.

Police said in an October news release he coached various teams at the Bantam level in the Ottawa area during these years and he was also a baseball coach.

In one case, he threatened to kill a nine-year-old boy's parents during a camping trip in Ottawa if he ever told them about the sexual abuse, according to court documents. Jones continued to molest the boy for four more years after his initial threat.

Jones' charges include sexual assault, sexual interference, invitation to sexual touching and sexual exploitation. He will return to court for a sentencing hearing in June.

JOE LOFARO/METRO

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Unattended boxes may have held election ballots

Wakefield. 'I could have ... grabbed a box,' witness says

TREVOR GREENWAY
trevor.greenway@metronews.ca

A voter in Wakefield witnessed Elections Quebec workers leave what appear to be sealed ballot boxes unattended on Monday afternoon.

David Irvine was on the patio of Kaffe 1870 in Wakefield on election day — across the street from the regional election office — when he saw a woman come out with several sealed boxes.

She then went inside for "two or three minutes," leaving the boxes unattended in the parking lot before returning.

Another man then pulled up, briefly spoke to her and took the boxes away. In the midst of it all, Irvine, a professional photographer, grabbed his cellphone and snapped a pic of the boxes.

"It was only two or three minutes, but still. It could be two minutes, could be 10 minutes, it's pretty ridiculous, so that's why I took a photo of it," said Irvine.

"If I wanted to, I could have gone over there, grabbed a box and the box would have been gone. The boxes were just sitting there."

Elections Quebec Spokesperson Johanne Patry said her office has not fielded any official complaints on the matter and wouldn't comment because she isn't "totally informed."

She told Metro that she couldn't be sure if the boxes were actually full of votes or if they were being used for some other purpose.

"I have no clue as to how a ballot box could have ended up, in the middle of the day, in a parking station," said Patry.

What appears to be unattended ballot boxes outside a polling station in Wakefield, Que., raised the eyebrows of a local photographer, who snapped this photo with a phone. Inset: A photo taken in Montreal shows a closeup of a ballot box at a polling station that looks similar to the boxes.

DAVID IRVINE/CONTRIBUTED; INSET: GRAHAM HUGHES/THE CANADIAN PRESS

Canada's birthday 2017

City wants help planning 150th

The 150th anniversary of Confederation might be more than 1,000 days away, but Ottawa Mayor Jim Watson is not wasting any time in planning the party in the nation's capital.

"We will require your help, your expertise and, yes, your money to help put Ottawa on the map," Watson told guests at the Economic Club of Canada luncheon.

In June, he wants residents to share their ideas at a city hall forum on how to celebrate.

The city will be setting aside $200,000 per year leading up to 2017 for the sesquicentennial, but that figure will jump to half a million dollars in 2016 and in 2017. JOE LOFARO/METRO

VIA Rail. Mayor Watson 'upset' about recurring train signal problems

Another VIA Rail crossing malfunction in Barrhaven Monday morning — this time at a different location — has Mayor Jim Watson upset over the signal problem that won't go away.

"We're not only concerned, but we're upset that this thing has to get fixed," Watson told reporters Monday. "We're fortunate that no one had been killed or injured as a result of these malfunctions."

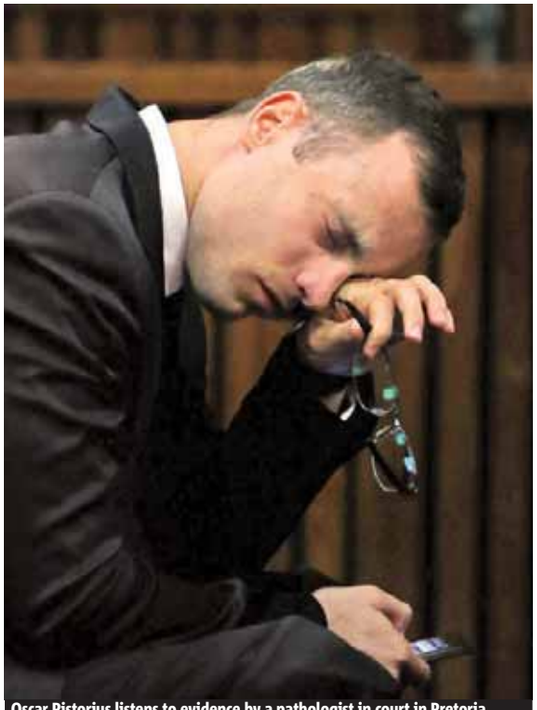
VIA Rail said Monday morning automatic warning devices at the rail crossings on Jockvale Road and Strandherd Drive were in "fail-safe mode."

On Friday, problems were also reported at rail crossings near the site of last September's fatal OC Transpo crash with a VIA Rail train. Those problems prompted Ottawa West-Nepean MP John Baird to say he was giving VIA Rail one week to fix the issue.

On Friday, the mayor said a VIA Rail official told him the root of the problem that day was caused by a mix of cold weather and corroded wires from exposure to salt, but Watson said he wasn't satisfied with the explanation as such conditions exist across Canada without similar signal malfunctions. JOE LOFARO/METRO

Not impressed

"We're fortunate that no one had been killed."
Mayor Jim Watson



Oscar Pistorius listens to evidence by a pathologist in court in Pretoria, South Africa, Monday. THEMBA HADEBE, POOL/THE ASSOCIATED PRESS

‘I was simply trying to protect Reeva,’ Pistorius tells her family

Blade runner testifies. Double-amputee says he has been taking antidepressants and has trouble sleeping

His voice shaking, Oscar Pistorius took the witness stand Monday for the first time, testifying that he was trying to protect the girlfriend he killed and that he became so tormented by memories of the fatal shooting and panic attacks that he once hid helplessly in a closet.

Pistorius also offered an apology to the family of Reeva Steenkamp, who died from multiple wounds after the double-amputee runner shot her through a closed toilet door last year in his home. He said he mistook Steenkamp for an intruder.

“I was simply trying to protect Reeva,” the athlete said as Steenkamp’s mother, June, looked impassively at him in the courtroom. “I can promise that when she went to bed that night she felt loved,” Pistorius said.

Pistorius’ display of anguish and remorse was a marked departure from the testimony of some prosecution witnesses whose accounts painted a picture of the runner as a hothead with a jealous streak, an inflated sense of entitlement and an obsession with guns.

Pistorius, 27, spoke in a soft, quavering voice at the start of his testimony, forcing Judge Thokozile Masipa to ask him to speak more loudly.

Defence lawyer Barry Roux, who had aggressively challenged prosecution witnesses since the trial began March 3, led Pistorius gently through events in a life that was held up, in the runner’s heyday, as an inspiring tale. THE ASSOCIATED PRESS

Quoted

“I climbed into a cupboard and I phoned my sister to come and sit by me, which she did.”

Oscar Pistorius, describing at his trial in South Africa how he hid in a closet after waking up in “a panic” one night.

Halifax

Impaired driver had two kids in car: Cops

Police in Halifax say a 36-year-old woman driving with two kids in her car, including an eight-month-old infant, has been charged with impaired driving for being five times over the legal blood-alcohol limit.

Halifax RCMP say an officer saw a car stopped in the middle of Forest Hills Parkway in Cole Harbour around noon on Sunday.

The driver was immediately arrested for impaired driving, and police say when she provided breath samples, came in at five times above the legal limit.

An eight-month-old infant and an 13-year-old child were in the car. Police say arrangements were made for the children to be put in the care of someone else. METRO IN HALIFAX

Cancun, Mexico

Man on vacation drowns saving boy from rough surf

A western Pennsylvania man has drowned while saving a young boy caught in rough surf while the man was vacationing in Cancun, Mexico.

Fifty-year-old Jeff Brown, of Farrell, was vacationing with his girlfriend, Tracy Duez, and other couples.

Duez’ sister, Wendy Donner, says Brown entered the water to save the boy even though there were red flags on the beach warning of a dangerous undertow. Witnesses say Brown helped the boy onto a life buoy but was himself caught in the undertow and died.

The J. Bradley McGonigle Funeral Home staff are working to fly Brown’s body home. THE ASSOCIATED PRESS

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Snowden leaks had Canadian spy agency worried about staff's safety

Intelligence. Memo shows CSE combed through personnel files to assess risk to workers whose names might have been revealed

Edward Snowden talks during a simulcast conversation during the SXSW Interactive Festival on March 10 in Austin, Texas. Canada's secret eavesdropping agency feared for the personal safety of staff following the leak of sensitive intelligence by the former U.S. spy contractor, newly declassified memos show. JACK PLUNKETT/INVISION/THE ASSOCIATED PRESS

Canada's secret eavesdropping agency feared for the personal safety of staff following the leak of sensitive intelligence by a former U.S. spy contractor, newly declassified memos show.

The Ottawa-based Communications Security Establishment combed through personnel files to assess risks to employees whose name, agency affiliation or specific duties may have been disclosed by Edward Snowden, says an internal note from the head of the spy service.

In the September 2013 memo, CSE chief John Forster urged staff with concerns to speak with a manager or personnel security officials.

"There should not be any conversation that is too difficult to have, or any question that is too difficult to ask," says the memo, originally classified top secret, for Canadian eyes only.

It is among several Forster messages about the high-profile Snowden leaks.

In a June message, shortly after the leaks began grabbing headlines, Forster sent a message to CSE's more than 2,000 employees to say that if friends and family know where they work, it's likely they will be asked over the summer about recent news stories.

It emerged in January that the Snowden leaks prompted CSE to review its policies on sharing information with key partners and its practices for protecting the privacy of Canadians.

The latest memos show CSE's efforts to determine what Snowden had seen — and taken with him — continued well into the fall.

"As we learn more about what information is or could be out there, our departmental response is covering several fronts. First and foremost are the safety, security and well-being of our people," Forster said in the September memo.

"Personnel Security has been very involved in the forensic investigation, and they continue to assess the risks to personnel stemming from information that may have been leaked."

THE CANADIAN PRESS

Quoted

"Please be mindful of a few things as you're engaged in casual chats around a BBQ or pool, softball field or soccer pitch."

CSE chief John Forster, in a message to CSE's more than 2,000 employees

Courts should compel spousal testimony, says justice minister

Allowing people to refuse to testify against their spouses is an "obstacle" to getting at the truth in a court of law, says Justice Minister Peter MacKay.

Currently, under the Canada Evidence Act, spouses can refuse to testify against their partners except in certain specific cases such as sexual assaults or those involving children.

New legislation introduced last week by the Harper government would remove that right.

MacKay defended the move Monday at a victims of crime conference in Ottawa, calling the provision outdated. THE CANADIAN PRESS

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Homelessness

'Housing first' approach battles homelessness, saves money

New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach to battling homelessness is showing real results.

The report shows more than 2,000 homeless Canadians diagnosed with mental illness have found stable housing in all regions of the country over a two-year period.

The massive At Home/Chez Soi pilot project, created in 2008 following a $110-million investment from the federal government, has proven effective for people from diverse cultural backgrounds and circumstances.

The study suggests it has also been cost-effective, with every $10 invested resulting in cost savings of almost $22.

At Home/Chez Soi helped find and pay for homes for mentally ill homeless people in five cities across Canada. It also provided recipients with as many social services as they needed to stay housed. THE CANADIAN PRESS

Royals heading Down Under

Catherine, Duchess of Cambridge, and Prince George of Cambridge arrive at Wellington Military Terminal Monday in Wellington, New Zealand, where the Royal Family has arrived for the first day of a Royal Tour. The Royal trio will visit 12 cities in New Zealand and Australia, taking part in activities including a yacht race in Auckland Harbour, paying their respects to victims of the 2011 earthquake in Christchurch and visiting Ayers Rock.

CHRIS JACKSON/GETTY IMAGES

Scan this photo with your Metro News app to see a photo gallery of Rwandans commemorating the 20-year anniversary of the Rwanda genocide.

A nation struggles to cope with memories of genocide

A boy takes part in a Rwandan-genocide memorial rally Monday on Parliament Hill in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Rwanda. It's been 20 years since large-scale massacres saw 1 million people killed in 3 months

Displaying pride and pain, Rwandans on Monday marked the 20th anniversary of a devastating 100-day genocide that saw packed churches set on fire and machete-wielding attackers chop down whole families from a demonized minority.

Blood-curdling screams and sorrowful wails resounded in a sports stadium as world leaders and thousands gathered to hear of healing and hope.

President Paul Kagame and UN Secretary-General Ban Ki-moon together lit a flame at the Kigali Genocide Memorial Centre, which estimates that more than 1 million Rwandans perished in three months of machete and gunfire attacks.

In one scene, a young girl recounted the torture of a boy. Spectators screamed and the severely traumatized were carried off. By the end, Rwandan actors lay scattered throughout the field, representing the dead.

The UN chief said he hopes to reaffirm the international community's commitment to the idea of "never again," though he said genocide is still possible. Mass graves were required to bury the victims of what the government says was a long-planned killing spree that ignited after the plane of then-president Juvenal Habyarimana, a Hutu, was shot down.

Kagame's critics say that progress has been marred by an authoritarian approach.

Human Rights Watch, which Kigali practically views as an enemy organization, says civil and political rights in the country remain severely curtailed.

THE ASSOCIATED PRESS

France's role

Genocide's colonial beginnings

The French government, which Rwanda banned, was missing from the stadium. In an interview published in France Monday, President Paul Kagame accused the former African colonial power of participating in some of the genocide violence.

The ceremony highlighted the influence that white colonial masters had in setting the stage for the violence that erupted in 1994. The audience watched as white people in colonial outfits jumped out of a safari car and stormed the main stage. The wide-brim hats then changed to blue berets, worn by UN troops who did nothing to stop the carnage.

"The people who planned and carried out genocide were Rwandans, but the history and root causes go beyond this beautiful country," Kagame said. THE ASSOCIATED PRESS

Egypt's anti-gay laws

Men jailed for homosexual acts

A judicial official says an Egyptian court has convicted four men of committing homosexual acts and sentenced them to up to eight years in prison.

Police arrested the men for holding parties they say involved homosexual acts and where they say they found women's clothes and makeup. Three of the four received eight years while one received three years with hard labour.

THE ASSOCIATED PRESS

Elsewhere in Egypt

Grim milestone for jailed journo

Egyptian-Canadian journalist Mohamed Fahmy marked 100 days in a Cairo prison on Monday.

Fahmy was working for Al-Jazeera English when he was arrested on Dec. 29 along with two colleagues. Fahmy's trial is set to resume on April 10.

Fahmy and his colleagues have pleaded not guilty to the charges.

THE ASSOCIATED PRESS

Bosnia. Relatives of victims seek to hold Dutch government accountable

The Dutch government put the safety of its own troops ahead of that of Bosnian Muslims during the Srebrenica massacre, lawyers for relatives of thousands of victims of the 1995 slaughter told a court Monday in a civil suit.

The government rejected that charge and said that it had no official control of its troops because they were part of a United Nations peacekeeping mission during the Bosnian war. The comments came in the latest legal battle in the Netherlands over the country's responsibility in Srebrenica.

Some 6,000 relatives of the approximately 8,000 men and boys slain by Bosnian Serb forces in July 1995 are seeking to hold the Dutch government liable. A handful of the relatives listened to the proceedings at The Hague District Court via a simultaneous translation. They sat stoically, mostly in silence, but occasionally responding angrily to the government lawyer's comments.

Lawyers for the relatives are demanding compensation in a case that could set legal precedents for peacekeeping missions. THE ASSOCIATED PRESS

Women from the Bosnian town of Srebrenica wait for judges to enter a courtroom on Monday in The Hague, Netherlands. PETER DEJONG/THE ASSOCIATED PRESS

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Philippines. Child abuse, trafficking complaints filed against vacationing Italian diplomat

Philippine police answer questions from reporters Monday.
AARON FAVILA/THE ASSOCIATED PRESS

Philippine police said Monday they have detained a vacationing Italian diplomat and filed complaints of human trafficking and child abuse after he was allegedly found in the company of three underage boys at a resort.

The Italian foreign ministry identified the diplomat as Daniele Bosio, Italy's ambassador to Turkmenistan, and said he had been suspended from his duties after Philippines authorities upheld his detention. It gave no further comment.

Philippines police senior superintendent Romulo Sapitula said members of the child-rights group Bahay Tuluyan who were on an outing in the same resort in Laguna province, south of Manila, became suspicious and alerted authorities. Catherine Scerri of Bahay Tuluyan said she and her colleagues saw the foreigner at the resort with three children aged nine to 12 who were clearly not related to him.

Sapitula, the provincial police chief, said an investigation showed that the diplomat took the children to his accommodation in Manila and then to the resort. According to the police statement, the diplomat told investigators during questioning that the boys "were street children that I had brought from Manila" and that they had informed their parents about the trip.

The statement said that the boys told police that the diplomat brought them to his house where he "personally bathed and scrubbed their naked bodies and afterwards gave them money and food."

THE ASSOCIATED PRESS

Families pray for missing flight victims

Relatives of Chinese passengers on board Malaysia Airlines Flight 370 pray during a candlelight vigil for their loved ones at a hotel in Beijing, China, Tuesday. An Australian ship detected two distinct, long-lasting sounds underwater that are consistent with the pings from aircraft black boxes in a major break in the month-long hunt for the missing Malaysia Airlines jet, the search co-ordinator said Monday. ANDY WONG/THE ASSOCIATED PRESS

Texas

Execution back on schedule after court lifts delay

The witness room that adjoins the death chamber at a U.S. correctional facility.
THE ASSOCIATED PRESS FILE

The execution of a Texas inmate is back on schedule this week now that a federal appeals court has ruled the state doesn't have to reveal where it gets its lethal injection drug.

Monday's ruling from the 5th U.S. Circuit Court of Appeals means 44-year-old Ramiro Hernandez-Llanas is set for execution Wednesday.

THE ASSOCIATED PRESS

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Pro-Russians declare east Ukraine area independent

Gathering at a barricaded building in Donetsk, Monday. THE ASSOCIATED PRESS

Donetsk. East Ukraine was the heartland of support for President Yanukovych, who fled to Russia after protests

Pro-Russian separatists who seized a provincial administration building in the eastern Ukrainian city of Donetsk proclaimed the region independent Monday — an echo of events prior to Russia's annexation of Crimea. Ukrainian authorities called the move an attempt by Russia to sow unrest.

The Interfax news agency said the activists demanded that a referendum be held no later than May 11 on the possible secession of the Donetsk region. THE ASSOCIATED PRESS

'Sowing instability'

Acting President Oleksandr Turchinov called the events gripping eastern regions — where pro-Russian activists seized government buildings in at least three cities Sunday — an operation undertaken by Russia to sow instability.

- Since Crimea held a secession referendum and then was annexed by Russia in March, calls for similar votes in Ukraine's east have emerged.

Human Rights. Cyprus urged to stop separating migrant women from kids

Europe's top human rights official is urging Cyprus to stop holding women in detention centres and separating them from their children until their deportation.

Nils Muiznieks, the human rights commissioner for the 47-nation Council of Europe, said Monday he's "very concerned" about the practice, which he called "irreconcilable" with Cyprus' legal obligations. Last month, Amnesty International criticized Cyprus for routinely detaining migrants and asylum seekers for months in harsh conditions.

Cyprus' Interior Minister Socrates Hasikos says all detained migrant mothers have been conditionally released but defended the practice. Hasikos said in the last two years, only 39 detention and deportation cases out of 5,400 involved migrant mothers also convicted of crimes other than illegal entry. THE ASSOCIATED PRESS

Portrayal of prophet

Film banned in two Asian countries

Malaysia and Indonesia have banned Noah, a biblical epic, joining other Muslim nations that forbid the movie for its visual depiction of the prophet.

Film censors in both countries said that portrayal of the prophet Noah by Russell Crowe was against Islamic laws. Depictions of any prophet are shunned in Islam to avoid worship of a person rather than God.

"The film Noah is not allowed to be screened in this country to protect the sensitivity and harmony in Malaysia's multiracial and multireligious community," said Abdul Halim Abdul Hamid, Censorship Board chairman.

Many Indonesians condemned the ban on social media. THE ASSOCIATED PRESS

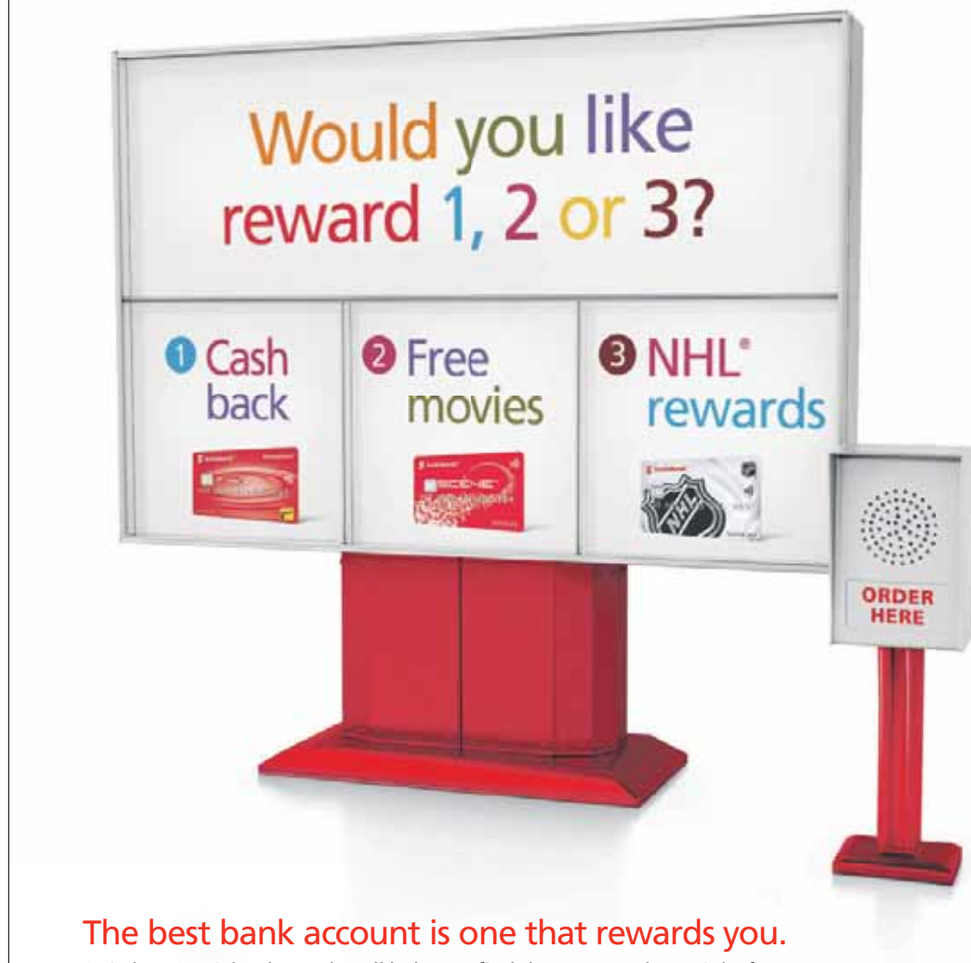
Actor Russell Crowe poses at Noah's premiere in Paris. THE ASSOCIATED PRESS

Washington mudslide

Search continues for more victims

The death toll from the landslide that hit a U.S. town last month rose to 33 on Monday. All but three have been identified; 12 are still missing.

Engineers are working on a rock and gravel barrier to prevent the river from flooding parts of the field. THE ASSOCIATED PRESS



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See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill, and face challenges seeking employment.

Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

The Story of Us
Immigration in Canada

Adaptability. Many educated newcomers must reinvent themselves in order to find success

MIKE DONACHIE
Metro in London, Ont.

Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role, Edwards learned a lot.

She started networking and volunteering, and made her resume "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's 257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

Brain waste

The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste."

"Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for $115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. MIKE DONACHIE/METRO

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

U.S. airline complaints drop despite rise in late flights

Report. While griping is a national pastime, few bother to lodge official complaints with airlines

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mishandled, according to a report released Monday by university researchers.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best, followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time performance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors, Wichita State business professor Dean Headley said the drop in complaints might also reflect "a certain amount of resignation" that "it's never wonderful for airline passengers."

THE ASSOCIATED PRESS

Key report findings

- **On-time performance:** Airlines operated 78.4 per cent of their flights on time in 2013, down from 81.8 per cent in 2012.
- **Bag handling:** The rate of lost, stolen or delayed bags rose 5 per cent.
- **Bumping:** The rate of bumping passengers from flights fell 8 per cent.
- **Complaints:** Consumer complaints to the government dropped 15 per cent in 2013 after rising 20 per cent the year before.

A Delta Airlines jet passes an American flag during take-off at Los Angeles International Airport (LAX). DAVID MCNEW/GETTY IMAGES

Exotic car rentals

Be James Bond in an Aston Martin, if only for a day

There's a chance now for the middle class to feel like movie stars. Or for a movie star to feel like a movie star away from home.

In the past few years, some of the biggest car rental companies have added the finest cars money can buy to their fleets.

THE ASSOCIATED PRESS

Controversial group

Chili's nixes autism fundraiser after heated criticisms

Chili's cancelled a fundraiser Monday for a group that states on its website that autism can be triggered by vaccinations, a position that has been widely discredited by the medical community.

The restaurant chain planned on donating a portion of its sales on Monday to the National Autism Association. THE ASSOCIATED PRESS

Taco Bell tries to crack Egg McMuffin superfans

Taco Bell aims to eat into McD's breakfast profits. WILLIAM THOMAS CAIN/GETTY IMAGES

Taco Bell is taking another jab at McDonald's in a new ad for its breakfast menu in the U.S.

The fast-food chain will begin airing a TV spot that is set to the tune of Old MacDonald Had a Farm and shows a man who has been eating Egg McMuffins since 1984. After trying Taco Bell's breakfast, the man trims his mullet, switches to tighter pants, gets a smartphone and takes down his Loverboy poster.

It's a followup to another ad, which featured real-life men named Ronald McDonald professing their love of Taco Bell's breakfast. If Taco Bell seems fixated with McDonald's, it's with good reason; McDonald's has long been the heavyweight in the fast-food breakfast category, with 31 per cent of the market, according to food-industry researcher Technomic.

Whether the strategy of going after the No. 1 player so directly translates to sustained sales is yet to be seen. McDonald's breakfast has been hugely popular since it rolled out the Egg McMuffin in the early 1970s, and getting people to think of Taco Bell as a place to get breakfast won't be easy.

Wendy's, for instance, has retreated from plans to expand its breakfast menu after testing the offering in select locations.

"We knew we had to have a disruptive marketing campaign," said Chris Brandt, Taco Bell's chief marketing officer, in a phone interview.

THE ASSOCIATED PRESS

The most important meal

Taco Bell's breakfast menu in the U.S. is fairly limited compared with McDonald's, which now includes oatmeal and the option to substitute egg whites in breakfast sandwiches.

- There are four main attractions on Taco Bell's menu — the A.M. Crunchwrap, a breakfast burrito, a grilled taco and the waffle taco.

Cord-cutting craze? Canadians hanging up on landlines, traditional TV

A new study says more Canadians are abandoning traditional forms of phone and television service.

The Convergence Consulting Group says about one-quarter of households in Canada won't have a wired phone by the end of 2014 and rely solely on wireless service, up from 22.4 per cent in 2013.

The Toronto-based consulting group also says households are increasingly switching to new sources for their television, but the trend isn't as far advanced.

Convergence Group says online television services such as Netflix will reach almost six per cent, or 665,000 households, by the end of this year — up from about four per cent.

THE CANADIAN PRESS

Market Minute

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NO, DIVORCE IS NOT LIKE DIETING

SHE SAYS

Jessica Napier
metronews.ca

Gossip magazines would have us believe that celebrities are "just like us," but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

So when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn't release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were "consciously uncoupling."

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term conscious uncoupling implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP disciples to pursue this highly evolved approach to divorce. For just $297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to "release the trauma of a breakup, reclaim your power and reinvent your life."

Call me cynical, but I don't really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey, and Paltrow's conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn't be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and, yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex's Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational — and lucrative — lifestyle brand. She preaches regimentation that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge meticulously stocked according to macrobiotic ratios and all of her chakras in alignment.

But emotions are not gluten: You can't simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don't align with Paltrow's Zen-like approach to living.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a mammoth of a task

BUDDHIKA WEERASINGHE/GETTY IMAGES

Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world's first sand museum features the theme Russia, marking the 2014 Winter Olympic Game in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. GETTY IMAGES

A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years, she learned everything she needed to know about sand sculpting, while working full time in the food service industry.
- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She's a three-time world champion sand sculptor.

METRO AUGMENTED REALITY

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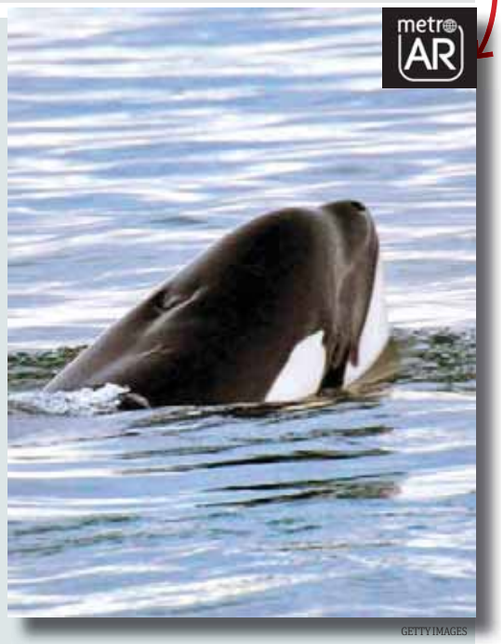
MetroTube

Scenery not so static in New Zealand

ANDREW FIFIELD
metronews.ca

If you happen to be bobbing in open ocean, it's good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)



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See that symbol? It means you can scan this image with your Metro News app to see Birdy's music video for her song Light Me Up

Review

The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in The Desolation of Smaug, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's The Hobbit.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following The Lord of the Rings trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

Shy Birdy no longer waiting in the wings

Teen songbird.
U.K. singer's career soars on the strength of her fragile songs

EMILY LAURENCE
Metro World News in New York City

Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song Skinny Love she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix and Death Cab for Cutie. Now, she's releasing an album of her own original music this summer, which she is currently on tour promoting.

Original music

"I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." U.K. singer Birdy

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on The Hunger Games soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.

Peaches' death another tragedy for Geldof

With her mum Paula Yates

The last tweet Peaches sent was on Sunday, when she posted a photograph of herself as a toddler with her mother and the caption: "Me and my mum."

Peaches Geldof, the wild-child second daughter of concert organizer Bob Geldof who filled the pages of British tabloids with her late-night antics as she flirted through the fashion and celebrity world, was found dead Monday at age 25.

There was no immediate word on the cause of her death at her home in Wrotham, Kent, southeast England but police called it "unexplained and sudden."

Peaches was only a girl of 11 when her mother Paula Yates died of a drug overdose in 2000 and those who knew her said it hit her extremely hard.

Her father and family issued an anguished statement Monday about her death.

"Peaches has died. We are beyond pain. She was the wildest, funniest, cleverest, wittiest and the most bonkers of all of us," Geldof said. "Writing 'was' destroys me afresh. What a beautiful child. How is this possible that we will not see her again? How is that bearable? We loved her and will cherish her forever."

In an interview with the Guardian in 2009, Peaches acknowledged that she used drugs before but said she had stopped.

"'Yeah, I've taken drugs. Yes, I have had experiences, and a few of those experiences were unsavoury, not ones I want to repeat, but I was growing up. I wanted the experience," she told the paper.

Peaches was married twice and leaves behind two sons, 23-month-old Astala and Phaedra, 11 months.

THE ASSOCIATED PRESS

A pregnant Peaches Geldof with her husband Thomas Cohen and their son Astala in 2013.
ZSL LONDON ZOO VIA GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Maisie Williams says Arya Stark is rotten inside

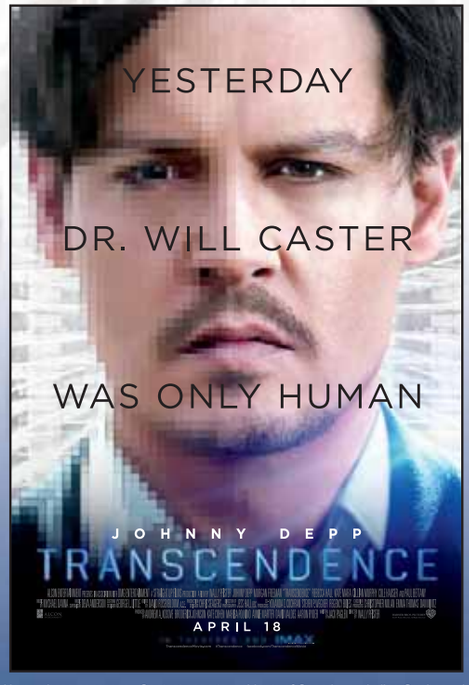
MELINDA TAUB
Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her.

"This year, at the end of Episode 1, just when you thought things were going downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

YOU COULD WIN TICKETS TO SEE



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No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of majority (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Prizes are available to be won, consisting of two tickets to see 'Transcendence' during it's run of engagement (approximate retail value $26). Skill testing question required. Contest closes April 11, 2014 at 11.59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

Kevin Spacey GETTY IMAGES

Kevin Spacey doesn't want a part in your crappy movie

Kevin Spacey has certainly earned the right to be picky about his acting gigs. Just ask him. "Unless it's a really significant role, f—k off. I'm not playing someone's brother. I'm not playing the station manager. I'm not playing the FCC chairman," he tells the Hollywood Reporter in a rather candid interview.

"There are a lot of people out there who offer roles to actors because they'll elevate their movie to a place the movie would never reach. They offer them a s—load of money for a crap part, but it doesn't make the movie any better. And I'm not interested in elevating someone's crap movie."

Richard E. Grant's 'naughty' tweet from the Downton Abbey set

Downton Abbey creator Julian Fellowes is all about decorum and manners, and that sometimes means setting limits for his actors on things like Twitter.

"We had to explain to the cast about the dangers of tweeting as no one realized how interested everyone was in the show," he tells the Telegraph. "You're in a bubble when you're filming."

Someone apparently didn't get the memo, though, as new cast-member Richard E. Grant tweeted a photo of himself in costume on the Downton Abbey set.

"He's very naughty," Fellowes says.

Richard E. Grant tweeted this photo of himself on the set of Downton Abbey. TWITTER

Twitter

@lenadunham
Mickey Rooney got all the best babes despite being short as hell. #RIP beautiful man

@KChenoweth
The only good thing about being stuck in bed is starting #GameOfThrones. Now addicted.

@tyrabanks
Just so you know, no one...I mean NO ONE comes between me & my BBQ ribs!

Is Naomi Campbell attracted to Magneto?

Naomi Campbell GETTY IMAGES

Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they didn't shy away from public displays of affection. Campbell and Fassbender were "openly hugging and kissing," a source says. "At one point, they even started snogging."

Forever is a long time to be hairless, Diaz says

Cameron Diaz GETTY IMAGES

Cameron Diaz has been thinking a lot about pubic hair. The actress made waves when her criticism of below-the-waist hair removal in her Body Book came to light, but Diaz insists she's not trying to be some depilatory dictator. "I would like to clear up what I said," she tells Graham Norton in an interview during a visit to his talk show. "I don't care what women do with it, but we should be informed about how (our) bodies work. It is there for a reason, and to laser it off is to lose it forever. It will never come back, and I think women should consider what forever means."

Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO life@metronews.ca

Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre (corecarewellness.ca). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."

Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at annabelfitzsimmons.ca. "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."

Cardio and resistance mix

"To maximize fitness levels, having a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility (strength-n-u.com). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

Cleanse

"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating) and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of myfriendinfood.com.

MAKING A WORLD OF DIFFERENCE

In September 2010, our lives changed forever. We have four kids and our eldest daughter, Ariane, who was 10 years old at the time, was diagnosed with a rare papillary brain tumour of the pineal region. She was one of the youngest, if not the youngest, people in the world to be diagnosed with this type of tumour and hers was the first case reported in Canada.

We were scared and worried. Within a month and a half, she had three brain surgeries. Then came the radiation treatments — 30 of them. Our life became numbers and statistics and prognoses and medical terms we should never have to learn about.

Ariane Delorme

CONTRIBUTED

We learned that the Canadian Cancer Society helps many Canadians who battle cancer through research, advocacy, education, but most important of all in my opinion, support for the patients. When you get that voucher for parking, you are one happy camper. Seriously, when you drive back and forth to the hospital for almost four months, it makes a world of difference. Or when volunteers offer to drive you to your child's cancer treatments so you can concentrate on your child and not worry about anything else. This comfort is all the work of the Canadian Cancer Society.

We were introduced to the society's Relay For Life experience a few months after Ariane finished her treatments. Although she was still very weak and couldn't walk very far, she was excited to participate and create a team. That's how team Ariane the Super Trooper was born. Many family members and friends raised funds with us, walked with us and cried with us at the event.

The Relay for Life experience is different for everyone. For Ariane, it's a chance to meet other survivors, to sing and dance and to celebrate beating the "bad guy." For me, as her mom, it's to remember, to be thankful and to continue to fight.

– Veronique Chiasson, mom of Ariane the Super Trooper

AN EXTRAORDINARY CELEBRATION OF LIFE

Funds raised from Relay For Life events help fund lifesaving research and support programs and services for those living with cancer. Locally, in the last five years, the Canadian Cancer Society has invested $4 million in leading-edge research, provided 6,000 patient trips to and from cancer treatments, supported 136 patients/families with peer support services and received 1,180 calls to the Cancer Information Line.

Relay For Life is an extraordinary celebration of life that brings communities together to honour loved ones who have been touched by cancer and fight back against the disease.

For more information on registering a team, signing up as a survivor, or buying a luminary in memory of a loved one, visit relayforlife.ca/ottawa.

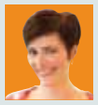
RELAY FOR LIFE
RELAIS POUR LA VIE
Canadian Cancer Society
Société canadienne du cancer
PRESENTED BY
economical INSURANCE
good to know
Let's spend the night TOGETHER!
Visit relayforlife.ca/ottawa to register a team and fight back against cancer at a Relay near you!

See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about community supported agriculture

A stew that doesn't discriminate

Healthy Solutions

The most wonderful time of the year



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. To see the grimy hands (sorry, farmers, but it's true!) that spend hours in the earth for your health and enjoyment corrects the perspective on how much food should cost and where it should comes from.

The only objection I have ever encountered to ordering a CSA box is the foods that can arrive at your door that are completely new to you. Not knowing how or what to cook can be an issue. Keep these rules in mind:

- Most root vegetables are interchangeable in recipes. If yours calls for turnip and you only have some gnarly Jerusalem artichoke or parsnips, use them.
- Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green: in salad or sautéed. Carrot tops, beet tops and radish tops are all edible and delicious!
- Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper.
- Kale, spinach and chard are also interchangeable either raw or cooked. One exception is that collards take a little longer to cook and are too tough to be eaten raw.
- Any herb can be blended with olive oil and stored in ice cube trays. Then a freezer bag will hold them until you are ready to stir them into any soup or sauce.

Google "CSA" in your area. It will force you to experiment with new recipes and expose you to new nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Any Vegetable Coconut Stew. Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

THERESA ALBERT
Metro World News

FLASH FOOD

From your fridge to your table in 30 minutes or less

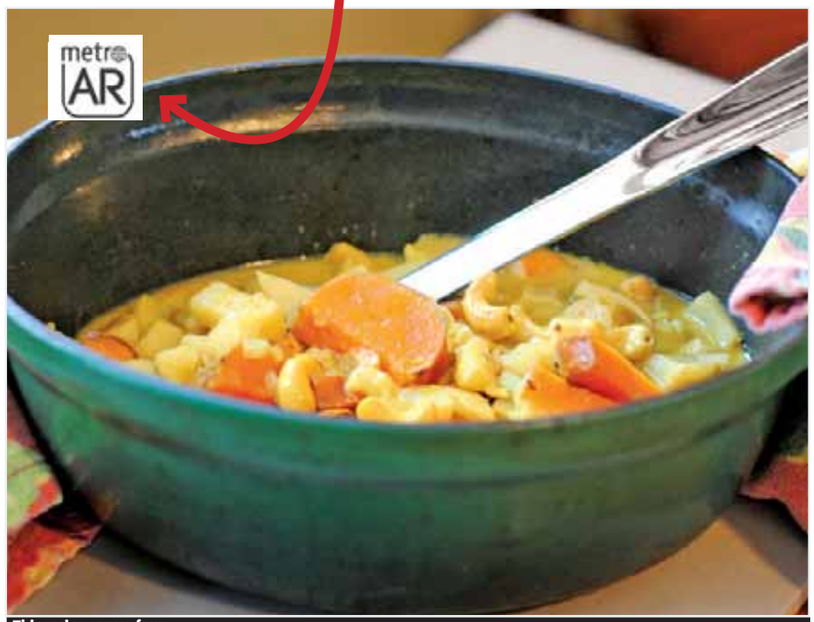
You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it?

This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there are plenty of starchy carbs in the roots.

Any root vegetable can be used in combo to about six cups chopped. Peel rutabaga, Jerusalem artichokes and parsnips but leave peels on potatoes, carrots, turnips and sweet potatoes.

Any green can be stirred in at the end: kale, spinach, chard, beet greens or even zucchini.



This recipe serves four. THERESA ALBERT

Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale (or spinach, chard or beet greens)

1. Heat a large pot over medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for about 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your favourite) and cover the pot to simmer for about 10 minutes.

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes. Ladle into bowls and serve immediately.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Fresh 'salsa verde' purée in the limelight

Ingredients

- 4 large poblano peppers
- 2 red bell peppers
- 2 tbsp olive oil
- 2 cups of chopped red onions
- 3 to 4 lbs pork butt
- Kosher salt and black pepper
- 1 tbsp ground cumin
- 8 large raw tomatillos
- 6 to 8 large cloves garlic
- 1 heaping cup fresh cilantro
- 1/2 cup lime juice
- 1 quart low-sodium chicken stock
- 12-oz bottle beer (any kind)
- 1/2 cup jarred sliced jalapenos
- Two 15-oz cans hominy, drained
- Flour tortillas or rice, to serve

1. Heat the oven to 400 F.

2. Place the poblano and bell peppers on a rimmed baking sheet and roast in the oven until they blister, about 15 to 20 minutes, using tongs to turn them halfway through. Transfer the roasted peppers to a heat-safe bowl, then cover the bowl tightly with plastic wrap. Let the peppers steam for 7 to 10 minutes, then remove them and slip off the skins. Cut out the stems, then remove and discard the seeds.

3. Finely chop the roasted bell peppers. Set the poblanos aside.

4. Heat a large Dutch oven or heavy duty pasta pot over medium. Add the olive oil and the onions. Sauté for about 10 minutes, or until the onions become translucent.

5. Season the pork with salt, pepper and the cumin. Add pork to the pot with the onions and brown on all sides.

6. Meanwhile, peel the tomatillos and cut into quarters. In a blender, combine the tomatillos, garlic, cilantro, lime juice, poblanos and 1 teaspoon of salt. Purée for a few minutes or until liquefied. This may take a few tries and you may need to stir the contents of the blender a few times to make the tomatillos and cilantro blend together. Set aside.

7. Once the pork is browned, add the chicken stock, the beer and the puréed tomatillo mixture. Stir well, then add the jalapenos and reserved red peppers. Bring to a boil, then reduce heat to a simmer. Simmer, stirring occasionally, for 2 to 3 hours, or until the pork breaks into pieces easily and the liquid has reduced by about a fifth. About 30 minutes before the stew is done, stir in the hominy. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Hog 'N Hominy Salsa Verde Stew serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

SOME LESSONS ARE JUST WARMIMG UP

SUMMER COURSES CAN BE BENEFICIAL

SYDA PRODUCTIONS/SHUTTERSTOCK

The popular song lyric "Summertime, and the livin' is easy" doesn't apply to keen university or college students who are planning to take one or more courses during the spring and summer months.

"Students can get a jump on the upcoming year or pick up a credit they need by taking a summer course," says Jeff Banks, a chemistry professor at Acadia University in Wolfville, N.S., and the director of Open Acadia, which offers concentrated three-week on-campus courses from May to July and full-year courses in six-week blocks.

Open Acadia online courses are open entry, which means students can register when they want and study at their own pace. Online courses at universities and colleges across the country are ideal for students heading home for the summer who want to juggle their studies around jobs and other activities.

Banks lists the following benefits of taking spring and summer courses:

There are fewer students. Since most university and college students leave campus for the summer, class sizes tend to be smaller. "That translates into a lower student-to-professor ratios, which means more personalized attention," Banks says.

You can accelerate your degree. Taking a full course load during the regular school year, then an extra credit or two in the summer, will help students graduate faster.

It's good for athletes and international students. Because of varsity sports team schedules, student athletes often have a gap in their studies, so summer is a great time to catch up. And since international students tend not to return to their home country for the summer, they often choose to continue their studies.

The courses are shorter. Summer courses tend to be shorter than those offered from September to May. "Students need to keep in mind that although they are shorter, they're concentrated," Banks says. "So they might be going to class every day, even though they're just taking one subject."

– Jane Doucet

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YOUR JOB SEARCH HOMEWORK

SAMUEL BORGES PHOTOGRAPHY/SHUTTERSTOCK

If you are a university or college student in today's economy, you will have your work cut out for you when it comes to landing a summer job. Before you start submitting applications, you must decide where you have the best chance of getting an offer — at home or where your school is located.

"Students must weigh whether it's financially viable to pay rent while doing a job search or if it will be better to live with their parents," says Jessica McCormick, the national spokesperson for the Canadian Federation of Students.

After that decision is made, McCormick offers these job-seeking tips:

Start preparing early. "Even though your head is in exams in April, it's important to start this process sooner rather than later," McCormick says. Take a break from studying to update your resumé, line up references and scan online job boards.

Do your homework. If you are applying for a job in your field, research the company so you can customize your cover letter. "Get as much background about the employer as possible," McCormick says.

Tap into your network. Get in touch with anyone you think might be able to help you, including former employers, instructors, relatives, neighbours and friends' parents.

Be persistent and patient. It can take a few weeks before you get an interview. "Don't expect to land something right away," McCormick says.

Take whatever you can get. If you get an offer, take it. "If it's not in your field but you're cash strapped, you can't afford to be choosy," McCormick says. If a better offer comes later, it's OK to quit the first job — you will be freeing up a position for another student.

– Jane Doucet

NBA

Valanciunas hit with DUI charges

Toronto Raptors centre Jonas Valanciunas has been charged with driving under the influence of alcohol.

Ontario Provincial Police say they began investigating in Wasaga Beach following a report early Monday that a vehicle went through a drive-thru with open beer bottles visible.

Police say officers located the vehicle at a home, where they arrested Valanciunas, 21, alleging he was under the influence of alcohol while driving.

Valanciunas is charged with having greater than 80 milligrams of alcohol in 100 millilitres of blood.

THE CANADIAN PRESS

Masters

Storm forces golfers off course

The first full day at the Masters turned out to be a short one Monday.

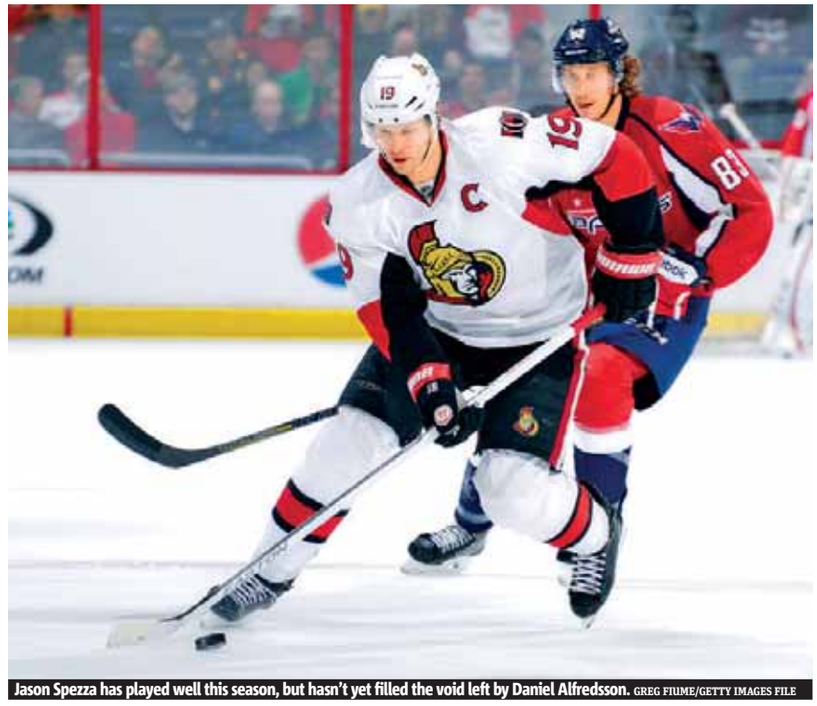
Augusta National was open for only two hours because of storms, still enough time for a few players to see some of the changes to the golf course — even though this was supposed to be a year with really no change at all.

The ice storm in February that led to the demise of the famous Eisenhower Tree also cost the club countless other trees, giving Augusta a slightly different look. Instead of a forest of Georgia pines, players can see from the 10th fairway all the way across to the 15th fairway. Players couldn't help but notice the number of trees missing from the right side of the narrow, claustrophobic seventh fairway.

THE ASSOCIATED PRESS

Sens suffering through Alfie withdrawal

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca



Jason Spezza has played well this season, but hasn't yet filled the void left by Daniel Alfredsson. GREG FIUME/GETTY IMAGES FILE

With the Senators all but mathematically eliminated from playoff contention, it's time to dissect the season. Where did it all go wrong? Fans and players had high expectations and, after consecutive post-season appearances under coach Paul MacLean, who could blame them?

However, this campaign didn't seem right from the outset. The club elected to open with a six-game road trip that included three in California. Horrible starts in San Jose and Anaheim were ominous signs of what was to follow.

Another factor was the switch from playing games on traditional Saturday nights, a Canadian staple. Afternoon outings littered the schedule. The team was ill-prepared for these affairs going 3-7-1 at home, many of these on Saturday. More importantly, the vibe wasn't the same in the building. It was a tough call by ownership to hold weekend day games. Saturday starts before 3 p.m. guaranteed a wider regional audience on Rogers Sportsnet in comparison with CBC airing games in Eastern Ontario only — the exception being games versus the Canadiens or Maple Leafs.

Most of all, the team's inconsistent season may have just come down to simply being unable to overcome the abrupt departure of Daniel Alfredsson. Players didn't appear ready for it, and fans certainly weren't. During his 17 seasons in Ottawa, Alfredsson was the glue that kept the club together and was clutch when relied upon.

General manager Bryan Murray did his part offsetting Alfie's loss, signing free agent Clarke MacArthur and trading for Bobby Ryan. MacArthur has eclipsed his career-high in goals with 24 so far. Despite playing with a sports hernia for the bulk of the season, Ryan scored 23. While Alfredsson's point production was replaced, his structured style of play was absent.

Minus Alfredsson on the penalty kill, the club fell from last season's No. 1 ranking to 24th. Goals against dropped dramatically from second best to second worst. How does this relate to a forward? Hockey is a team sport, and breakdowns occur when assignments are missed. Alfredsson led by example, and others followed. He epitomized MacLean's 200-foot puck-possession game.

Jason Spezza did his best taking over the captaincy and by all accounts commands respect in the room. However, they're polar opposites on the ice. Spezza's risk-reward style is maligned at times, but 42 assists so far this season shows the 30-year-old is still one of the league's best playmakers.

At times, the Senators seemed lost without their greatest player. Fans can only hope the club finds its way next season.

The glue

Hockey is a team sport, and breakdowns occur when assignments are missed. Alfredsson led by example, and others followed. He epitomized MacLean's 200-foot puck-possession game.

Stevie Y inks four-year extension with Lightning

The Tampa Bay Lightning have signed general manager Steve Yzerman to a four-year contract extension.

The Lightning have made the playoffs twice in four seasons under Yzerman's watch, reaching the Eastern Conference Final in 2011.

Tampa Bay has already qualified for this season's playoffs and is currently in third place in the Atlantic Division.

"I'm grateful for the opportunity to continue the process we started four years ago and would like to thank (owner) Jeff Vinik for entrusting me with the responsibility of leading the Tampa Bay Lightning," Yzerman said in a statement. "I'm very excited about what lies ahead for our organization and truly enjoy working with a fantastic group of people in Tampa Bay."

Yzerman, who has one year remaining on his initial contract with Tampa Bay, also served as general manger of Canada's gold medal-winning Olympic men's hockey teams in 2010 and 2014.

Yzerman spent 27 seasons with the Detroit Red Wings as a player, captain and front-office executive prior to joining the Lightning.

He is a four-time Stanley Cup Champion, winning three as a player in 1997, 1998 and 2002 and another as a member of Detroit's management team in 2008.

"Since the day Steve agreed to serve as our vice president and general manager, he has worked tirelessly to transform our hockey department and establish the groundwork for sustained success," Vinik said. "We are very pleased with Steve's job performance thus far, and I am fully confident Steve remains the right person to continue to lead us."

THE CANADIAN PRESS

Iconic numbers

1,755

Hall of Famer and former Red Wings forward Steve Yzerman ranks sixth in NHL history with 1,755 career points.

4 SPORTS

Scan the image using your Metro News app to view a photo gallery of Derek Jeter playing his final home opener.

Farewell Jeter tour in full swing

MLB. Yankees captain pleases Bronx crowd in home-opener win against rival Orioles

Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City.
ELSA/GETTY IMAGES

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat and fielded a grounder to shortstop.

Quoted

"A lot of people get caught up in the disease of 'me.' Derek never fell in that."

Buck Showalter, Derek Jeter's first big-league manager

This was Jeter's first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6 likely, the 48,142 adoring and slightly frosted fans on hand during a cool and overcast afternoon almost surely were the last to witness a single-digit pinstriped uniform on opening day.

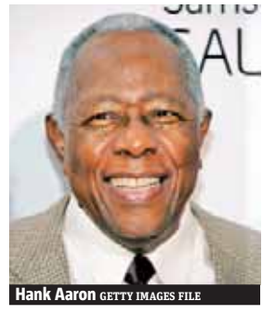
Seeing a business bonanza, the Yankees were selling jerseys with Jeter commemorative retirement patches, starting with replicas at $114.99 and going up to $240.99 for authentic models. Steiner Sports was hawking a game-used single cleat for $2,549.99 and game-worn jerseys at up to $25,000.

Jeter didn't have much hope of leaving the ballpark with any mementoes.

"I'm good taking the win," he said, "but Steiner Sports has the rest."

THE ASSOCIATED PRESS

Hammerin' Hank. Braves to fete anniversary of Aaron's home run record


Hank Aaron GETTY IMAGES FILE

Hank Aaron was more relieved than jubilant after he broke Babe Ruth's home run record on April 8, 1974.

The 40-year anniversary of his 715th homer provides a different perspective.

Aaron's record-breaking homer will be celebrated on Tuesday night before the Atlanta Braves' home opener against the New York Mets.

Hate mail and threats made it impossible for him to savour the chase of Ruth's revered record, but on Monday he said he'll enjoy the anniversary because such old friends as former teammate Dusty Baker will return for the pregame ceremony.

"I guess that's just about what it's all about, really," Aaron said in a telephone interview. "That's it. The moment itself has passed. The home run was hit and whatever else. It's just enjoying some moments with friends."

Aaron, 80, said he is pleased with his recovery from partial left hip-replacement surgery in February. He hurt his hip when he slipped on ice and said he's still in rehab, but can walk. THE ASSOCIATED PRESS

Basketball. Mourning among latest ballers elected to join HOF

Alonzo Mourning went to Georgetown to play basketball, not discover the world.

The six-foot-10 centre who won an NBA title with the Miami Heat was voted to the Naismith Memorial Basketball Hall of Fame on Monday, adding that honour to becoming a board member at his alma mater.

Mourning was elected along with former NBA star Mitch Richmond and NCAA championship-winning coaches Nolan Richardson and Gary Williams. The women's team from Immaculata College, which won three straight national championships in the 1970s, also was chosen.

Quoted

"Never in my wildest dreams would I ever thought as a freshman that I would be sitting on the board of that university."

Georgetown alum Alonzo Mourning

They joined the previously announced class of 2014 that includes retired NBA commissioner David Stern. The induction ceremony is Aug. 8.

THE ASSOCIATED PRESS

MLB. Ausmus impressive thus far as Tigers manager

Tigers manager Brad Ausmus
DUANE BURLESON/GETTY IMAGES

Brad Ausmus seems to be really smart, as one would expect a Dartmouth graduate to be.

The rookie manager of the Detroit Tigers is also intelligent enough to know he doesn't have all the answers, even as he got a taste of what life is like leading a team in his first week as a major-league manager.

The Tigers rallied to win twice and also won in a rout. They blew a big lead in the ninth, but held on for another victory. And on Sunday, his team got beat in business-like fashion by the Orioles.

The upshot is — and it is very early in the 162-game season — the Tigers have the best record in baseball.

In addition to a stellar rotation and superstar Miguel Cabrera, a cool, calm and collected rookie manager has something to do with Detroit's early success.

"He seems pretty laid-back," right-hander Justin Verlander said. "There's no panic. He just lets the game unfold."

After ending his playing career in 2010, Ausmus worked in the Padres' front office as a special assistant to the general manager for three years and managed Israel's team for the 2013 World Baseball Classic.

During spring training, Ausmus soaked up the opportunity to spend time with his predecessor, Jim Leyland.

"He's got it figured out, but he'll find out there's a lot to learn because he'll be willing to listen," Leyland said Monday of Ausmus. "I think he's a great fit, a terrific fit in fact, for the Tigers."

THE ASSOCIATED PRESS

NASCAR

Logano snatches win from Gordon

Joey Logano made a last-lap pass of Jeff Gordon during extra laps Monday after a late caution in a rain-delayed race at Texas, becoming the seventh different winner in as many Sprint Cup races this season,

Heading onto the front-stretch, Logano went low and was able to get past Gordon going into the first turn. Kyle Busch finished third. THE ASSOCIATED PRESS

Premier League

Tottenham tops lowly Sunderland

Christian Eriksen scored one goal and set up two more as Tottenham recovered from an early defensive howler to rout Sunderland 5-1, leaving the visitors rooted to the bottom of the Premier League table.

Tottenham put aside speculation about the manager Tim Sherwood's future to stay in the hunt for a European place.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

♉ Taurus
April 21 - May 21
It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

♊ Gemini
May 22 - June 21
Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they will hold you back. Time never stands still, and nor should you.

♋ Cancer
June 22 - July 23
It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

♌ Leo
July 24 - Aug. 23
Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

♍ Virgo
Aug. 24 - Sept. 23
Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

♎ Libra
Sept. 24 - Oct. 23
Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time – the present moment is all you ever have.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things — and knowledge is the basis of real power.

♑ Capricorn
Dec. 22 - Jan. 20
Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

♒ Aquarius
Jan. 21 - Feb. 19
The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

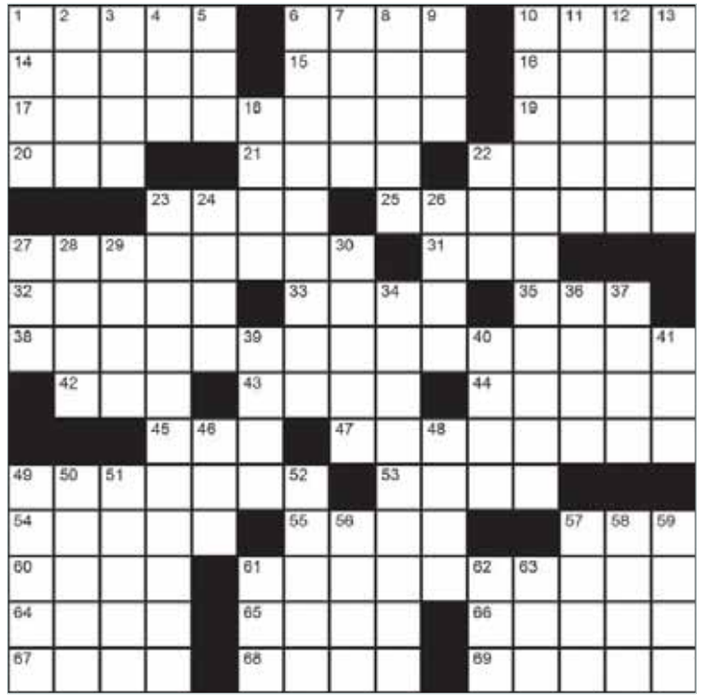
♓ Pisces
Feb. 20 - March 20
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

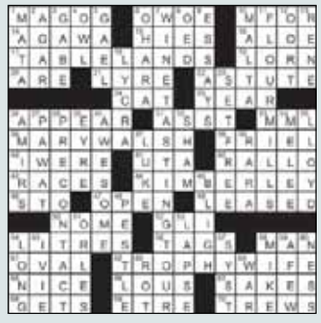
BY KELLY ANN BUCHANAN



Across
1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = J'__
16. "In _ __!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges __
23. Susan Aglukark's "__ Na Ho (Celebration)"
25. 'Colored Sands' technical death metal band from Quebec
27. __ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "__ __ sure you're aware..."
44. The __ (International Court of Justice site)
45. Enterprise's letters
47. France/Spain mountains
49. __ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer
60. Strait of Belle __
61. Montreal __ __ (Pantry item)
64. Prophet
65. "The __ Wing"
66. Elliptical path
67. __ d'oeuvre
68. Ballpark figs.
69. Requires

Down
1. Behind
2. Affirm
3. Eternal City
4. Vikram __ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.
6. MLB team in Calif., __ _'_
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manufacturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John __
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice __
24. "There __ __ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William __ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault __. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "__ magnifique!"
57. Feeling
58. __-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. __-game show

Yesterday's Crossword



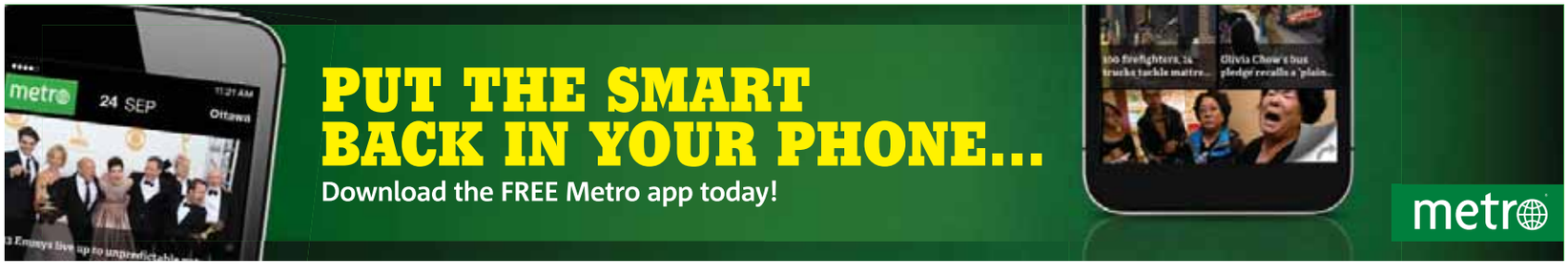
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					9	3	7	
	1			5		6	8	
8			3					5
				9			4	7
		1				5		
2	8			3				
3					1			9
	5	4		2			6	
	6	9	8					4

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8



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2010 Mini Cooper Clubman

Pano Roof • 4 cyl
$14,970
87,050 km • Manual
Stk: # 35294

$73 weekly

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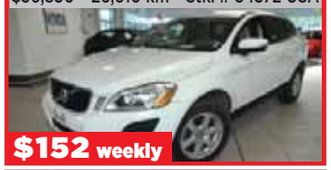
2013 Mitsubishi RVR SE

4WD • 2.0L I-4 cyl
$20,650
29,169 km • Auto
Stk: # 35677

$75 weekly

2012 Volvo XC60
$36,850 • 26,610 km • Stk: # 34572 USA



$152 weekly

2010 Subaru Impreza
$12,880 • 112,331 km • Stk: # 35522

$62 weekly

2008 Mazda Tribute
$10,970 • 94,499 km • Stk: # 35466

$65 weekly

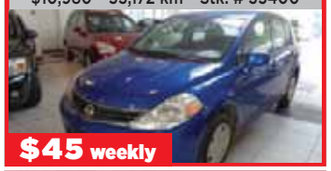
2010 Nissan Rogue S
$12,480 • 108,871 km • Stk: # 35489

$61 weekly

2011 Mazda 2
$10,820 • 43,035 km • Stk: # 35405-A

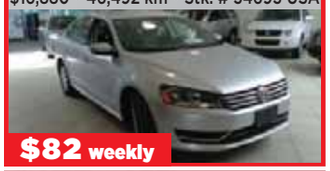
$52 weekly

2012 Nissan Versa
$10,980 • 53,172 km • Stk: # 35400



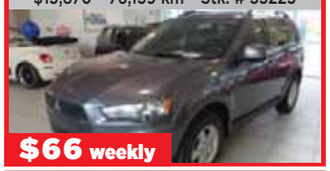
$45 weekly

2012 Volkswagen Passat S
$16,880 • 46,492 km • Stk: # 34693 USA



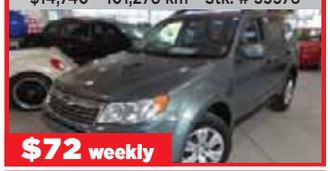
$82 weekly

2010 Mitsubishi Outlander ES
$15,870 • 76,139 km • Stk: # 35225



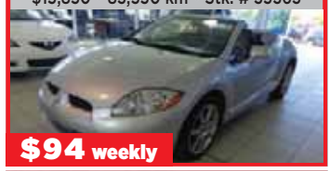
$66 weekly

2010 Subaru Forester 2.5
$14,740 • 101,278 km • Stk: # 35378



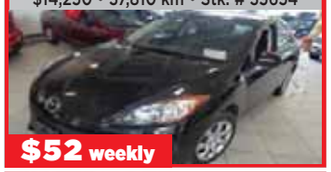
$72 weekly

2008 Mitsubshi Eclipse Spyder
$15,850 • 83,550 km • Stk: # 35363



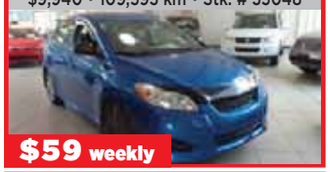
$94 weekly

2013 Mazda 3 GX
$14,250 • 37,810 km • Stk: # 35654



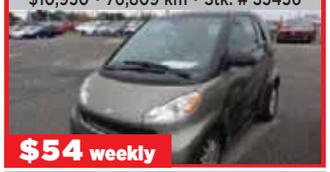
$52 weekly

2009 Toyota Matrix
$9,940 • 109,593 km • Stk: # 35048



$59 weekly

2011 Smart Fortwo Passion
$10,950 • 76,809 km • Stk: # 35456



$54 weekly

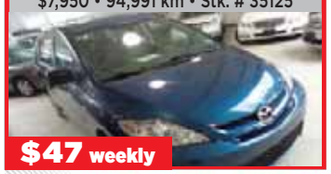
2008 Toyota Yaris
$7,960 • 83,783 km • Stk: # 34592

$47 weekly

2011 Nissan Juke SV
$16,960 • 10,810 km • Stk: # 35486

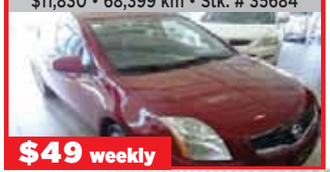
$82 weekly

2007 Mazda 5
$7,950 • 94,991 km • Stk: # 35125



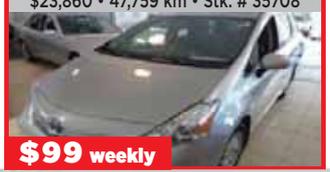
$47 weekly

2012 Nissan Sentra XTRONIC
$11,830 • 68,399 km • Stk: # 35684



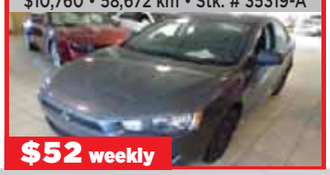
$49 weekly

2012 Toyota Prius V HYBRID
$23,860 • 47,759 km • Stk: # 35708



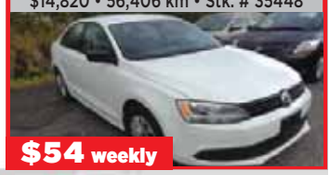
$99 weekly

2011 Mitsubishi Lancer DE
$10,760 • 58,672 km • Stk: # 35319-A



$52 weekly

2013 Volkswagen Jetta
$14,820 • 56,406 km • Stk: # 35448



$54 weekly

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